

CHILDHOOD OVERWEIGHT

Resources and Information

TENNESSEE

Action for Healthy Kids – TN

http://www.actionforhealthykids.org/state_profile.php?state=TN

Giving Kids the Voice of Authority: Engaging Students in the Fight Against Childhood Obesity, An Action for Healthy Kids Field Report, Volume 1, No. 2, Fall 2006

http://www.actionforhealthykids.org/pdf/Students_FR_91FINAL.pdf

Blue Cross Walking Works for Schools

BlueCross WalkingWorks for Schools is an in-school walking program created to teach children in grades K-5 the benefits of proper exercise as part of a healthy lifestyle and to curb the growing trend of childhood obesity. Students walk (with their teachers) at least five minutes each school day for 12 weeks each semester. By the end of the semester, they will have walked about 15 miles!

<http://www.walkingworksforschoolstn.com/>

Governor's Council on Health and Physical Fitness

The Governor's Council on Physical Fitness and Health was created in order to address the health and fitness needs of all Tennesseans and to promote healthy lifestyles for the state's citizens. The Council is also charged by the Governor to serve as a clearinghouse for information on health and physical fitness programs and make recommendations for such legislation as may be necessary and appropriate to further their goals.

<http://www2.tennessee.gov/health/healthpromotion/index.html>

Tennessee Association for Health, Physical Education, Recreation & Dance

TAHPERD is a nonprofit organization for professionals and students in related fields of health, physical education, recreation and dance. TAHPERD is dedicated to improving the quality of life for all Tennesseans by supporting and promoting effective educational practices, quality curriculum, instruction, and assessment in the areas of Health, Physical Education, Recreation, Dance and related fields.

<http://www.tahperd.us/>

Tennessee Department of Health

<http://state.tn.us/health/>

Tennessee Department of Health, *Resources Available for Respect Your Health Supporters*

<http://tennessee.gov/health/respectyourhealth/resources.htm>

Tennessee Dietetic Association

<http://www.eatright-tn.org/>

Tennessee Healthy Weight Network

<http://tnhealthyweight.org/>

Tennessee On the Move

America On the Move in Tennessee offers long-term on-site support for the creation and implementation of wellness programs. Unique educational and activity-based programs are available for schools and community groups, and worksite wellness programs are available for companies. Many times, the schools and community groups that need our support and guidance the most are unable to round up the funds needed for program development and implementation.

<http://www.TennesseeOnTheMove.org/>

University of Tennessee Extension

The University of Tennessee Extension provides nutrition and food safety education to individuals and families in Tennessee. Education is provided by faculty in county Extension offices throughout the state.

<http://fcs.tennessee.edu/>

NATIONAL

American Heart Association, *Obesity and Overweight in Children*. 2002.

www.americanheart.org/presenter.jhtml?identifier=4670

American Obesity Association, *Childhood Obesity*. 2002.

www.obesity.org/subs/childhood/prevention.shtml

American Obesity Association, *Creating a Healthy Eating Environment in Schools*. 2002.

www.obesity.org/subs/childhood/prevention.shtml

CDC, *Community Prevention Guide – Obesity*

<http://thecommunityguide.org/obese/>

CDC, Division of Nutrition and Physical Activity

<http://www.cdc.gov/nccdphp/dnpa/index.htm>

CDC, Morbidity and Mortality Weekly Report. *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*. June 1996; 45(9): 1-33. Available at

<http://www.cdc.gov/mmwr/preview/mmwrhtml/00042446.htm>

CDC, Overweight and Obesity

Includes information about definitions, trends, consequences, FAQs, and more. 2002.
www.cdc.gov/nccdphp/dnpa/obesity/index.htm

Center for Science in the Public Interest, *A Guide to Improving School Foods & Beverages.*

www.cspinet.org/schoolfood/

Center for Health and Health Care in Schools

Infocus: Body Mass Index for Children

<http://www.healthinschools.org/focus/2006/no1.htm>

Issue Brief: *The Role of School Health Professionals in Preventing Childhood Overweight*

<http://www.healthinschools.org/sh/issuebrief.asp>

Economic Research Service, USDA, *Hunger: Its Impact on Children's Health and Mental Health.* 2002.

www.ers.usda.gov/publications/erselsewhere/eejs0223/eejs0223.pdf

National Association of State Boards of Education, *Fit, Healthy, and Ready to Learn. Sample School Nutrition Policies.*

www.nasbe.org/HealthySchools/healthy_eating.html

National Association of School Psychologists, *Obesity in Children: Helping Children at Home and at School.* 1998.

www.nasponline.org/pdf/obesity.pdf

National Institutes of Health, Weight-control Information Network. 2003.

www.niddk.nih.gov/helath/nutrit/nutrit.htm

North Carolina Healthy Weight Initiative. 2003.

www.nchealthyweight.com

U.S. Department of Health and Human Services. CDC, National Center for Health Statistics, *Health E Stats - Prevalence of Overweight Among Children.* 1999.

www.cdc.gov/nchs/products/pubs/pubd/hestats/overwght99.htm

U.S. Department of Health and Human Services. CDC, School Health Index

<http://apps.nccd.cdc.gov/shi>

U.S. Department of Health and Human Services and U.S. Department of Education, *The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity. Overweight in Children and Adolescents.* 1999.

www.surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm

In School

ERIC Clearinghouse on Elementary and Early Childhood Education. *Recess in Elementary School: What does the Research Say?*, Olga S. Jarret. EDO-PS_02-5. July 2002.

www.ericdigests.org/2003-2/recess.htm

ERIC Clearinghouse on Teaching and Teacher Education. *Promoting Physical Activity and Exercise Among Children. An ERIC Digest.* 1998.

www.ericdigests.org/1998-2/exercise.htm

KidsWalk-to-School Program. The KidsWalk-to-School Program features information on how to organize community programs to get children to walk or bike to school.

www.cdc.gov/nccdphp/dnpa/kidswalk/pdf/kidswalk_programs_3_31_06.pdf

National Association for Sport and Physical Education. *Public Attitudes towards Physical Education. Are Schools Providing What the Public Wants?* 2000.

www.aahperd.org/naspe/pdf_files/whatsnew-survey.pdf

National Association of State Boards of Education, *Fit, Healthy, and Ready to Learn. Sample School Policies to Promote Physical Activity.*

www.nasbe.org/HealthySchools/physical_activity.html

Nutrition

U.S. Department of Agriculture. Food and Nutrition Service, *Foods Sold in Competition with USDA School Meal Programs. Impact on Nutrition Intake of Children at School. A Report to Congress.* Shirley R. Watkins. Under Secretary Food, Nutrition, and Consumer Services. 2001.

www.fns.usda.gov/cnd/Lunch/competitivefoods/competitive.foods.report.to.congress.htm

U.S. Department of Agriculture, Food and Nutrition Service. *State Competitive Food Policies.* 2001.

www.fns.usda.gov/cnd/Lunch/competitivefoods/Competitive.foods.report.to.congress.htm

U.S. Department of Agriculture, Food and Nutrition Information Center, Food Guide Pyramid. 2003.

www.nal.usda.gov/fnic/Fpyr/pyramid.html

U.S. Department of Agriculture, Food and Nutrition Service, School Lunch Program Home Page. 2002.

www.fns.usda.gov/cnd/Lunch/default.htm

U.S. Department of Agriculture, Food and Nutrition Service, School Breakfast Program Home Page. 2002.
www.fns.usda.gov/cnd/Breakfast/default.htm

U.S. Department of Health and Human Services. CDC, *Guidelines for Schools & Community Health Programs: Promoting Lifelong Healthy Eating*. 2002.
www.cdc.gov/healthyyouth/healthtopics/index.htm

U.S. Department of Health and Human Services. CDC, School Health Policies and Programs Study (SHPPS). Nutrition.
www.cdc.gov/nccdphp/dash/shpps/index.htm

U.S. Department of Health and Human Services, Food and Nutrition Information Center, *Childhood Obesity: A Food and Nutrition Resource List for Educators and Researchers*. 2000.
www.nal.usda.gov/fnic/pubs/bibs/topics/weight/childhoodobesity.html

Physical Exercise

Active Living Network, Funded by the Robert Wood Johnson Foundation, this Network is a coalition that aims to create safe environments that support physical activity.
<http://www.activeliving.org>

American Academy of Pediatrics, *Benefits of Physical Activity*. 2000.
www.medem.com/MedLB/article_detailb.cfm?article_ID=ZZZCSE23B7C&sub_cat=405

American Heart Association, *Exercise and Children*. Scientific Position. 2003.
www.americanheart.org/presenter.jhtml?identifier=4596

Bright Futures, Appropriate Physical Activity for Children. Executive Summary. 2001.
www.brightfutures.org/physicalactivity/tools/c.html

Maternal and Child Health Library, Knowledge Path: Physical Activity and Children and Adolescents. An Overview. 2002.
www.mchlibrary.info/KnowledgePaths/kp_phys_activity.html

National Association for Sport and Physical Education, Useful for parents of school-age children, coaches, and PE teachers.
<http://www.aahperd.org/naspe/template.cfm>

Robert Wood Johnson Foundation, The Shape We're In newspaper series. Resources for increasing physical activity in your community.
<http://www.rwjf.org/newsroom/featureDetail.jsp?featureID=457&type=2>

U.S. Department of Health and Human Services, *Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People*. 1997.
www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm

U.S. Department of Health and Human Services, *Healthier US.gov*. 2002.
Information for a new government initiative sponsored by the Bush Administration.
www.healthierus.gov/exercise.html

U.S. Department of Health and Human Services and U.S. Department of Education, *Surgeon General's Report: Promoting Better Health for Young People through Physical Activity and Sports. A Report to the President From the Secretary of Health and Human Services and the Secretary of Education*. 2000.
www.cdc.gov/healthyyouth/physicalactivity/promoting_health/